

Love shouldn't hurt

not even your feelings.

Guard the boundaries of your comfort zone. Make your own decisions about touching and sex.

Do not yell or put each other down. Be kind. Respect each other.

Jealousy is not a sign of love. Excessive jealousy can be a sign of emotional abuse.

Don't give up your independence for a relationship. Enjoy your family, friends and activities.

Clinging, constant calls or text messages to check up on you are not romantic. They are harassment.

10 RULES for HEALTHY TEEN DATING



Recognize abuse. It can be emotional, physical or sexual. It is never acceptable. If it happens, understand that it is not your fault.

If you need someone to talk to call the National Teen Dating Abuse 24/7 Helpline at 1-866-331-9474 where peer advocates can assist you.

You have the right to end the relationship at any time. If you must break up in person, do it in a public place.

A healthy relationship is fun. It makes you feel good.

Never try to control your boyfriend or girlfriend. Never allow him or her to manipulate or humiliate you.

If you have any concerns about your relationship or how to help a friend in an unhealthy relationship, call **1-866-331-9474** or visit www.loveisrespect.org.

This information is brought to you by:

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